

H1N1—CHILD CARE EXCLUSION & RETURN

FOR PRESCHOOL, CHILDCARE, STUDENTS & WORKERS

| Symptoms | Action | Duration | Tell Parents or Staff |
|---|---|---|--|
| Fever 100° F or higher with cough or sore throat | <p>Separate sick staff or child from other people</p> <p>Call parent</p> <p>Send person home</p> | <p>Keep out until 24 hours after fever is gone without use of fever-reducing medication.</p> <p>No note from doctor is needed</p> | <p>Refer children under 5 to a doctor or urgent care.</p> <p>Staff and older children do not need to call doctor or go to hospital for most situations.</p> <p>If they are high risk* refer to a doctor or if they don't have a doctor refer to urgent care.</p> |
| Severe Illness like difficulty breathing, rapid breathing, blue color to skin, unable to eat or drink | <p>Call parent</p> <p>Refer for urgent medical evaluation</p> <p>Consider calling 911 depending on symptoms</p> | <p>Keep out until 24 hours after fever is gone without use of fever-reducing medication.</p> <p>No note from doctor is needed</p> | <p>Go to emergency room</p> |

Watch children and staff closely for signs of flu. Tell parents to check their child each day before they come to childcare. See reverse side for more information.

Other Important Information for childcare: Continue to emphasize cough etiquette even after the child or staff has returned. Regular household disinfectant can be used for cleaning.

*** PEOPLE AT HIGHER RISK OF FLU COMPLICATIONS INCLUDE:**

Children under 5 | Pregnant women | People with asthma, diabetes or other conditions affecting the heart, lungs, blood, liver or kidneys | People with weakened immune systems | People under 18 on long-term aspirin therapy



Information is current as of September 28, 2009. Please check MCHD website or call Information Line: 503-584-4870
 Website: <http://www.co.marion.or.us/HLT/>



Signs of the flu

- Fever of 100 F or higher
- Cough
- Sore throat
- Headache
- Muscle aches
- Chills
- Tiredness
- Stuff or runny nose
- Eye irritation

What to do if staff member is showing signs of the flu:

If you provide childcare in your home and you are ill you should not provide childcare.

What to do if child is showing signs of the flu:

If child has a fever and cough or sore throat keep them out of childcare until fever free for 24 hours without the use of fever reducing medications. Do not use aspirin to control fever in children.

What should I look for when observing children:

Observe closely all infants and children for symptoms of respiratory illness. Notify the parent if a child develops a fever (of 100°F or higher.) or chills, cough, sore throat, headache, or muscle aches. For children 4 months of age or younger, a rectal temperature of 101° F, or 100° F taken in the armpit is considered a fever. Children and staff who develop symptoms of flu-like illness should promptly be separated from others until they can be sent home. Advise the parent to contact the child's doctor or urgent care.

- Infants and young children can become quite ill with influenza very quickly, and might require urgent medical attention and possibly hospitalization. If a child has difficulty breathing, is lethargic, or appears to be worsening rapidly, consider calling a physician or 911 in addition to notifying a parent.

Encourage parents of sick children to keep their children home. Encourage sick care providers to stay home.

Encourage parents of sick children to keep the children home and away from the child care setting until the children have been without fever for 24 hours without the use of fever reducing medications, to prevent spreading illness to others. Similarly, encourage sick care providers to stay home.